**SRFFIT006B** exam preparation **– Fitness Focus section**

**USE AND MAINTAIN CORE FITNESS INDUSTRY EQUIPMENT**

**1 Conduct basic maintenance of equipment and facilities of a fitness centre**

1. Carry out daily, weekly, monthly and annual preventative ***maintenance*** on ***fitness equipment***
2. Complete ***maintenance logs***

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**2 Assist clients in the safe operation of the major types of equipment used in a fitness centre**

* 1. Apply the principles of action and safe method of operation of ***fitness equipment*** supplied by the manufacturer when instructing clients

2.2 Supervise the use of ***fitness equipment*** by clients to ensure safety

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**RANGE STATEMENT**

**CATEGORIES**

**Fitness equipment**

* free weights
  + barbells
  + dumbells
  + frames and upholstery
  + ancillary equipment, eg, belts, straps, boards
  + racks
  + benches
  + specialised floor surfaces and/or platforms
* pin loaded systems
  + lever systems
  + variable resistance lever systems
  + pulley systems
  + cam systems
    - rails
    - weight stacks
    - bearings
    - pulleys and cables
    - cable connectors
    - accessories, eg, bars, straps
    - frames and upholstery
* hydraulic systems
  + hydraulic bleeding
  + bearings
  + pulleys and cables
  + cable connectors
  + accessories, eg, bars, straps
  + frames and upholstery
* air braked systems
  + frames and upholstery
  + wheels/vanes
  + bearings/slides
  + cords
  + cables/chains
  + handles
* electronic/cardiovascular systems
  + power cords
  + motors and moving parts
  + control panels
  + frames and upholstery
* sound systems, including microphones
* surfaces
  + mirrors
  + counter and desk tops
  + flooring, eg, carpet, rubber
  + mats
* aqua equipment
  + flotation devices
  + resistance devices
  + protective devices

**Maintenance**

* cleaning
* lubrication
* reinflation
* checking for damage
* restocking or refilling

**Maintenance logs**

not be limited to

* date
* time
* maintenance carried out
* nature of the fault, if any
* repairs carried out, if any

initials of staff undertaking maintenance check